Vancouver metro

Your essential daily news | TUESDAY, MARCH 8, 2016 | High 8°C/Low 7°C Rain

Are emojis sexist?

metroLIFE

COURTESY CITY OF VANCOUVER

GREEN LIGHT for GREENWAY

Vancouver buys Arbutus corridor from CP Rail for $55M metroNEWS

Ex-boyfriend gets 21 years

COURT

Maple Batalia was murdered at SFU Surrey

A combination of poor judgment, immaturity and ready access to weapons led a young man described by his lawyer as both jealous and obsessive to gun down his ex-girlfriend on a university campus, says a British Columbia Supreme Court judge.

Justice Terence Schultes sentenced Gurjinder Dhaliwal, 24, to life in prison on Monday with no chance of parole for 21 years, partly in recognition of the "incalculable loss" he caused to those who knew Maple Batalia.

"I've heard and understood the magnitude of what the family and friends suffer," Schultes told a packed New Westminster courtroom after a morning of listening to emotional victim-impact statements.

"There is no remedy for their pain."

Dhaliwal pleaded guilty to second-degree murder last week, admitting to killing his 19-year-old former girlfriend in the parking lot of Simon Fraser University's Surrey campus after he saw her studying with a male classmate in 2011. He was originally charged with first-degree murder.

An agreed statement of facts describes how Dhaliwal became enraged and shot Batalia three times in the back before slashing her head with a knife and fleeing in a rental vehicle. Crown and defence jointly recommended the 21 years of parole ineligibility.

Maple Batalia
CONTRIBUTED

Batalia was an aspiring actress and model who moved with her family to Canada from India when she was six months old. She dreamt of becoming a doctor and was studying health sciences at Simon Fraser University at the time of her death.

THE CANADIAN PRESS

metro NEWS

Your essential daily news

Are you trying to save money? Avoid shopping or going out with friends. **Business**

Monitor farm safety: BCFed

PUBLIC AWARENESS

Vigilance less firm nine years after deaths, labour says

Matt Kieltyka
Metro | Vancouver

The B.C. Federation of Labour is concerned vigilance may be slipping nine years after three farmworkers were killed in an unsafe passenger van while heading to work in Abbotsford.

The deaths of Armajit Kaur Bal, 52, Sukhvinder Kaur Punia, 46, and Sarbjit Kaur Sidhu, 31, on the Trans-Canada Highway on March 7, 2007, raised public awareness of the dangerous conditions farm workers in British Columbia can be exposed to, said B.C. Federation of Labour president Irene Lanzinger.

"There is a lasting legacy in terms of public awareness," Lanzinger said. "When I talk to people, they remember it. I think there's been a step forward (for worker safety) but we need to be constantly reminded of it and remain vigilant."

But as time has moved on, the labour group is concerned about the sharp decrease in random roadside inspections since that fatal crash in 2007.

That year, the Farm Workers' Inter-Agency Compliance Committee — made up of government, RCMP, Commercial Vehicle Safety and Enforcement and WorkSafe BC — conducted 52 roadside enforcement blitzes and inspected 522 vehicles.

Last year, the committee reported just 11 roadside inspections totaling 106 vehicles.

Interagency reporting shows a gradual decline in the number of roadside checks and vehicles inspected in the years between 2007 and 2015.

"Random roadside inspections went way up after the accident and now they've gone down again," said Lanzinger. "There needs to be a lot more enforcement and inspection of the safety of these vans."

BCFed says there continues to be an average of three farmworker deaths and 122 serious injuries per year in British Columbia.

The Golden Tree in Abbotsford is a monument to three farm workers killed in a 2007 crash. CONTRIBUTED/B.C. FEDERATION OF LABOUR

> **We take agricultural safety very seriously.**
> Trish Knight Chernecki

WorkSafe BC spokeswoman Trish Knight Chernecki said that 1,900 vehicles transporting farm workers have been inspected since 2007 and the compliance rates have improved in that time.

Employers and contractors are also able to have their transport vehicles voluntarily inspected, allowing them to bypass roadside inspections.

Knight Chernecki said that pro-active step accounts for some of decline in random roadside inspections.

WorkSafe BC alone has 12 prevention officers devoted full-time to the agricultural industry to ensure workers are protected and aware of their rights, she said.

"We take agricultural safety very seriously," Knight Chernecki said.

A vigil is planned Sunday afternoon at the Golden Tree monument in Abbotsford, erected last year in honour of the three workers, to commemorate the anniversary of their deaths.

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Study calls for tobacco law

SFU

Companies urged to take responsibility for butt waste

Thandi Fletcher
Metro | Vancouver

A new study co-authored by a Simon Fraser University health sciences professor is calling for tobacco companies to take the hit and be held accountable for the environmental impact of discarded cigarette butts.

Kelley Lee, who co-authored the study with Washington, D.C.-based Cigarette Butt Pollution Project, says a new regulatory approach is long overdue for addressing the environmental harm caused by cigarette butts.

"We can't just be focusing on picking up a few thousand butts every now and then, putting it on the taxpayers to pay all the cost or blaming the smokers for littering," she told Metro. "We need to mandate tobacco companies to do this through legislation."

For the study, Lee and her colleagues developed a "model tobacco waste act" that they hope governments will adopt requiring tobacco companies be held responsible for the cost and physical process of cleaning up cigarette butts.

According to the study, cigarette butts are one of the most common waste products, with up to five trillion cigarettes disposed of each year worldwide.

One- to two-thirds of cigarettes tossed by smokers end up buried in landfills, leeching chemicals into soil, or are washed into storm drains, where they pollute water and often end up being ingested by wildlife, the study found.

Student and staff at Simon Fraser University have collected more than 45 kilograms of cigarette butts over three one-hour campus cleanup sessions.
COURTESY SIMON FRASER UNIVERSITY

Lee said the vast majority of cigarettes sold today contain filters, usually made of cellulose acetate, a type of plastic that can't be broken down.

Tossing cigarette butts also leads to costly cleanup, and sometimes serious emergency situations, she said. Last summer, Vancouver firefighters battled more than 35 grass fires that were sparked by discarded butts.

She said other industries that produce hazardous consumer goods, like paint, fluorescent lights and pharmaceuticals, are legally responsible for the safe disposal of their products.

5 trillion

According to the study, up to five trillion cigarettes are disposed of each year worldwide.

"Right now, we rely on civically minded people to go out and clean up this mess, but why don't the tobacco companies do it?" she asked. "They're the ones creating this mess."

While she acknowledged that smokers shouldn't be "let off the hook" for littering, Lee argued that tobacco companies that create such an addictive product should ultimately be held responsible for the post-consumer waste.

Still, she said she hopes the act of tossing a cigarette will eventually be viewed as socially unacceptable behaviour, ultimately reducing the number of discarded butts.

"We no longer find it socially acceptable for people to spit on the ground or let their dogs foul the pavement," she said. "But somehow we don't have that for littering cigarette butts, and I'd love to see that in time."

> "Why don't the tobacco companies do it (clean up)? They're the ones creating this mess."
> Study co-author Kelley Lee

OAK STREET

Teen arrested in two attacks

A 16-year-old boy has been arrested following two attacks on women in Vancouver's Oak Street area on Sunday night.

Around 10:15 p.m., a woman walking her dog in the area of Alder Street and West 10th Avenue was approached from behind and grabbed, said Sgt. Randy Fincham, spokesman for Vancouver police.

He said the woman screamed and her attacker ran off.

About 15 minutes later, a second woman walking her dog in the area of Birch Street and West 13th Avenue was grabbed from behind and groped, said Fincham.

She also screamed and the attacker ran off, he said.

Fincham said police arrested a teen believed to be responsible for the attacks a short distance away.

Jennifer Wright, who lives near the scene of the second attack, said she heard the incident unfold Sunday while getting ready for bed.

"My windows were open," she said. "All I heard was a woman screaming 'help, help' and 'someone call 911.'"

Wright said she then saw neighbours running to the woman's aid while a witness also appeared to chase after the alleged attacker.

She said the incident is a "wake-up call" to be more vigilant about her surroundings when walking alone at night.

"It wasn't even that late at night, which is probably more concerning for me," she said. "I park my car sometimes a couple of blocks up the street and then walk to my apartment at later hours, so it really made me realize that I need to be more aware."

THANDI FLETCHER/METRO

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City buys Arbutus corridor

TRANSPORTATION

Vancouver and CP Railway reach a deal for $55 million

Emily Jackson
Metro | Vancouver

The City of Vancouver plans to turn the Arbutus corridor into a green transportation corridor.
JENNIFER GAUTHIER/METRO FILE

The City of Vancouver has finally reached a deal with Canadian Pacific Railway to buy the Arbutus corridor for $55 million, to develop into a green transportation corridor for pedestrians, bikes and maybe even light rail or a streetcar.

Mayor Gregor Robertson and CP president Keith Creel held a joint news conference Wednesday to announce the deal for the nine-kilometre, 42-acre line from False Creek to the Fraser River after more than a decade of failed negotiations and legal battles.

The final price tag was more than double the $20 million the city previously indicated it would pay for the prime, west side real estate, but far less than the reported $100 million CP originally demanded. (The railway's CEO published an open letter stating the land was worth $400 million.)

"Thanks to this landmark agreement, the city will be able to transform the area into an outstanding greenway and connect neighbourhoods from False Creek to Marpole," Robertson said in a statement.

"This is a once-in-a-generation opportunity, not unlike New York's High Line and other international examples."

> **"This is a once-in-a-generation opportunity ..."**
> Gregor Robertson

"We are pleased that today's landmark agreement allows the city to create a transportation corridor and greenway while providing a fair return to CP and our shareholders," Creel said in a statement.

The final deal includes a profit-sharing clause, should the city sell any of the land in the future.

If it does, CP will get 75 per cent of the first $50 million, half of the second $50 million and a quarter of the third $50 million. The city has repeatedly promised the land will only be used as a transportation corridor.

CP hasn't run trains on the line since 2001 when it lost its last customer, the Molson Brewery.

As the city and CP tried — and failed — to negotiate a price for the city to buy the land, pedestrians, cyclists and community gardeners started using the tracks as a greenway.

CP didn't seem to mind until 2014 when the railway bulldozed the gardens and spent $1.3 million on plans to restore the tracks to use for railcar storage.

CP will now remove the tracks as the city sets up a planning office for the greenway, where space will be reserved for a future light rail or streetcar line if necessary.

The city will ask for public input on the final corridor design to complete work on the greenway by 2018.

The approximately 350 gardeners whose plots abut the land are asked not to expand back into the bulldozed areas.

IN BRIEF

City boasts 3 of Canada's top 10 shopping centres

Affordable housing woes apparently aren't slowing down spending at Metro Vancouver shopping centres.

Three local malls — Vancouver's Pacific Centre and Oakridge Centre and Burnaby's Metrotown — made the list of Canada's Top 10 most productive shopping centres based on annual sales per square foot as of Dec. 31, 2015, according to a new report from Retail Insider. Yorkdale Shopping Centre in Toronto edged out the Pacific Centre for the top spot as Canada's most productive mall.

EMILY JACKSON/METRO

Teen faces mischief charge

A 19-year-old man is facing a mischief charge after police say a vehicle was spotted "pulling doughnuts" on a city playing field in Nanaimo.

RCMP say the man arrested yesterday is also being investigated in connection to damage reported to at least five other playing fields throughout the city.

THE CANADIAN PRESS

A homeless camp in Vancouver's Oppenheimer Park in September 2014. JENNIFER GAUTHIER/METRO FILE

Pivot applauds UN report on housing

HUMAN RIGHTS

National plan, affordability and evictions topics of note

Matt Kieltyka
Metro | Vancouver

A Vancouver-based advocacy group is applauding a United Nations committee report that calls for Canada to create a national housing strategy and get rid of bylaws that criminalize the homeless.

Pivot Legal Society lawyer DJ Larkin was one of dozens of advocates who travelled to Geneva, Switzerland, last month to make submissions to the UN Committee on Economic, Social and Cultural Rights as it conducted a periodical review of Canada's human-rights obligations.

The committee released its preliminary report Monday, recommending, among other actions, that Canada create a national housing strategy, end reno-victions, address the affordable-housing crisis and do away with bylaws that criminalize and displace homeless people.

"The committee is concerned about the significant number of people living in poverty," the report reads. "The committee is concerned about the persistence of a housing crisis in the State party. It is particularly concerned at the … absence of a national housing strategy; insufficient funding for housing; inadequate housing subsidy within the social assistance benefit; shortage of social housing units; and increased evictions related to rental arrears."

Larkin told Metro at the time that her submissions offered the committee a glimpse into the situation in B.C., particularly in Victoria and Abbotsford where municipal bylaws were used to displace homeless people in public areas. Those bylaws were then challenged in court and found to be illegal.

> **The committee is concerned about the significant number of people living in poverty.**
> UN committee report

Pivot released a statement saying the report makes it "abundantly clear" that Canada should be doing more to protect people "engaging in acts of basic necessity such as sleeping or sheltering in public spaces" and agreed a national housing strategy is needed.

IN BRIEF

Auction heats up for 1875 letter from Gassy Jack

A local collectibles shop has attracted overseas attention for an auction for a 141-year-old letter from Gassy Jack Deighton, the saloon owner for whom the Gastown neighbourhood was named.

Bids for the March 11, 1875 letter, which concerns Deighton's inability to pay a bill due to "some unexpected bad luck," reached $1,995 as of Monday, according to All Nations Stamp & Coin's online auction site.

Bidders come from as far away as Deighton's hometown of Hull, England. Deighton worked on ships and participated in the gold rush before operating bars in New Westminster and in what's now known as Gastown. EMILY JACKSON/METRO

Teenager charged with killing Chilliwack woman

Clayton Warkentin, 19, has been charged with first-degree murder in connection with the death of a Chilliwack woman.

Officers were called to a home in the Fraser Valley on Feb. 24 and found the 51-year-old woman dead.

Police say the victim and suspect knew each other. THE CANADIAN PRESS

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

Canadian Prime Minister Justin Trudeau and his wife Sophie Gregoire arrive at the Commonwealth Heads of Government Meeting in November 2015 in Malta. Washington is preparing to roll out the red carpet for the PM for a state dinner at the White House. GETTY IMAGES

U.S. pours it on for PM Trudeau

DIPLOMACY

State dinner planned for months in tailored detail

One dinner. Months of planning.

On Thursday, Prime Minister Justin Trudeau will join the ranks of other leaders, from Queen Elizabeth II, to Indira Gandhi, to Mikhail Gorbachev, who have been feted at a White House state dinner.

"A lot of planning has to go into these events, which is why they are comparatively rare," a historian with the White House Historical Association told the Star.

The invites are done in careful calligraphy. The centrepiece floral arrangements are overseen by the White House floral designer. The china settings selected — there are seven to choose from for a full state dinner.

The meal, planned by White House executive chef Cristeta Comerford and executive pastry chef Susan Morrison, will run four or five courses and feature a personal touch to acknowledge the visiting leader.

Washington is preparing to roll out the red carpet for Trudeau and wife Sophie Grégoire-Trudeau to fete a Canadian leader in a way that hasn't been done for almost two decades.

The Canadian delegation gets 20 tickets. That delegation will include Foreign Affairs Minister Stephane Dion; International Trade Minister Chrystia Freeland; Defence Minister Harjit Sajjan; Environment Minister Catherine McKenna and Hunter Tootoo, minister of fisheries, oceans and the Coast Guard.

Jean Chretien was the last prime minister to enjoy a state dinner in 1997, then hosted by U.S. President Bill Clinton.

THE CANADIAN PRESS

60 MINUTES

Actress mistaken for prime minister's mom

Prime Minister Justin Trudeau was cast in a glowing light during the Sunday broadcast of 60 Minutes. However, there was a noticeable gaffe Canadians noticed and took to Twitter about — when the program spotlighted Trudeau's parents, the show displayed an old photo of Pierre Trudeau on a date with actress Kim Cattrall in 1981. THE CANADIAN PRESS

Kim Cattrall and former PM Pierre Trudeau in 1981. TORSTAR NEWS SERVICE FILE

TORONTO ZOO

Pandas are bundles of Hope and Joy

A pair of panda cubs born in the Toronto Zoo were hailed as a symbol of international co-operation as they officially received names that pay tribute to the country of their birth.

In a ceremony packed with dignitaries including China's ambassador, the zoo announced the male cub is named Jia Panpan, meaning Canadian Hope, while the female cub is named Jia Yueyue, meaning Canadian Joy.

Prime Minister Justin Trudeau and Ontario Premier Kathleen Wynne were among those getting the first glimpse of the cubs.

Both posed for photos with the cubs — an opportunity Trudeau joked his children would envy.

The cubs were brought to their outdoor exhibit after their names were revealed — their first time on display since their birth.

Trudeau said the pandas represent the growing bond between their host country and China, where they will eventually be returned, noting he had received a message of congratulations from his Chinese counterpart.

"The panda is a symbol of peace and friendship, which is fitting considering Canada's ever-growing relationship with China," he said. THE CANADIAN PRESS

Prime Minister Justin Trudeau holds two giant panda cubs on Monday.

COURTESY JUSTIN TRUDEAU/TWITTER

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Catherine, Duchess of Cambridge, and Prince William **with their children Princess Charlotte and Prince George.**

Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, laugh after the Duchess threw a snowball at Prince William during a private break skiing in the French Alps.

Prince William, Duke of Cambridge with his daughter Princess Charlotte.

ALL PHOTOS JOHN STILLWELL/AFP/GETTY IMAGES

SKI HOLIDAY

March break for the Royals

Kensington Palace has released photos of Prince William, the Duchess of Cambridge and their children George and Charlotte on a ski holiday in the French Alps.

The six images published Monday show William, Kate, 2 1/2-year-old George and 10-month-old Charlotte on the snowy slopes last week.

The palace says it was "their first holiday as a family of four and the first time either of the children had played in the snow."

Two photos show the royal couple having a playful snowball fight.

The release of the pictures follows a media policy established when William and his brother Prince Harry were children: privacy in exchange for agreed-upon photo opportunities at birthdays and during school holidays.

That allowed the princes to have — by royal standards — a relatively normal upbringing, something Kate and William are keen to give their own children. THE ASSOCIATED PRESS

Voices in prison

HUMAN RIGHTS

Women draw focus as political prisoners

On International Women's Day, female voices are being heard as never before, speaking up for equality, peace and human rights — even as political prisoners. Here are high-profile women behind bars in 2016.

NADIYA SAVCHENKO: Ukraine

Captured in June 2014 fighting as a volunteer against Russian-backed rebels in eastern Ukraine, Savchenko, 34, was taken across the border and charged with co-ordinating a mortar attack that killed two Russian journalists. Russian authorities say she sneaked into Russia illegally, Prosecutors are calling for a 23-year jail term. Thousands have rallied for her release in Kyiv, where she's considered a national hero. If there is a guilty verdict, the pilot wrote, she will go on hunger strike.

KHADIJA ISMAYILOVA: Azerbaijan

Ismayilova, 39, an award-winning investigative journalist, ran afoul of Azerbaijan President Ilham Aliyev after accusing him and his family of corruption. She was arrested in 2014 during a crackdown on independent media and activists and sentenced to more than seven years for "economic crimes." Celebrity human rights lawyer Amal Clooney has signed on to her defence.

WANG YU: China

In 2008, Yu, a human rights lawyer, was denied entry to a train after buying a ticket. After demanding to board she was beaten, and then herself charged with assault. Fired up by the injustice, she took on cases of clients that other lawyers feared, including five female activists arrested for protesting sexual harassment. Yu, 44, was seized by security forces in July 2015, and charged with subversion six months later.

MARY ANNE GRADY FLORES: U.S.

Flores was arrested in February 2013 after photographing a protest at the Hancock airbase in Syracuse, N.Y., and convicted of violating a protection order issued to keep protesters away from the base. Released on bail, she was ordered back to jail in January with a reduced six-month sentence.

TORSTAR NEWS SERVICE

HUMANITARIAN AID

Doctors set up camp in France

Doctors Without Borders has opened a humanitarian camp for migrants in France.

More than 1,000 people fleeing the Middle East and Africa have been living in squalid shelters in a muddy field near the English Channel shore, hoping to sneak across to Britain.

About 150 people abandoned the camp in Grande-Synthe, near Dunkirk, to move Monday to wooden sheds with access to toilets and electricity built nearby by Doctors Without Borders, spokesman Samuel Hanryon said.

The aid group, known by its French acronym MSF, hopes hundreds more will join them in the coming days. It's MSF's first such camp in France — a sign of how bad things have become for the migrants in Grande-Synthe. The 2.5 million-euro site at Grande-Synthe comprises 4-person sheds and access to showers, kitchens and electricity. THE ASSOCIATED PRESS

RICK MERCER REPORT
ALL NEW
Rick visits the Toronto Zoo to bond with polar bear cub Juno - the cutest, deadliest carnivore in Canada.
#rickmercerreport
TONIGHT 8

Thrifty shoppers might not notice they're spending more than usual if they're comparing their spending to that of their friends, says Dr. Seung Hwan (Mark) Lee at Ryerson University. ISTOCK

Avoid your friends to save: Study

SHOPPING

Frugal people found to spend more when out with others

Your friends might be your worst enemy if you're hoping to save money, a new study shows.

Frugal shoppers, when they were with higher-spending friends, spent more money than they would on their own, the study, conducted by Dr. Seung Hwan (Mark) Lee at Ryerson University, found.

It's a reversal of the usual image of frugal shoppers as staunchly independent purchasers who are immune to social pressure, said Lee, an associate professor at the university's Ted Rogers School of Retail Management.

"A lot of the frugality literature talks about how they are resistant to it, but ... it's not necessarily the case," Lee said.

The inspiration for the study came from Lee's personal experience. Though he considers himself very frugal, Lee noticed he would spend more money than he liked when he went out with certain friends.

In his study, Lee had participants order from restaurant menus, telling them a company was trying to understand dining habits. They were asked to choose an ideal meal they would have with friends.

If those friends were also frugal, the frugal participants spent $10 on average. But if the friends were big spenders, frugal participants spent $15 on average. Non-frugal participants spent around the same no matter what their friends spent.

It's possible that frugal shoppers might not notice they're spending more than usual, Lee said, if they're comparing their spending to that of their friends.

TORSTAR NEWS SERVICE

RETAIL TRICKS

Some ways retailers try to get you to spend more.

- **Removing the dollar sign from menus:** A study found people pay more when they only see a number and no dollar sign.
- **Decoy pricing:** Creating a decoy option makes people choose a more expensive one. Given two options to subscribe to a magazine — web for $59, or print and web for $125 — most people chose the cheaper one. But add just print for $125 and most chose the print and web option because it seemed like the best deal.
- **Reduce the font size:** Items with price tags in smaller font sizes were more likely to be bought than prices in big fonts.
- **Anchoring:** How to sell a $700 handbag? Put a $2,000 handbag next to it. People will latch on to any number presented to them as an anchor from which they make their decision.

INVESTING

Women identify as savers: Study

A new report by investment firm BlackRock suggests most women lack confidence when it comes to making decisions on investing.

"We are seeing more and more women categorize themselves as savers versus investors and they're sitting on the sidelines in cash," says Karrie Van Belle, managing director at BlackRock Canada.

"Over time, cash is likely not going to get you where you need to get to for your retirement."

The survey found that of those polled who have started saving, men have saved nearly double what women have.

The poll found 44 per cent of women reported confidence in their financial decision-making, compared to 55 per cent of men.

As women get older, however, they gain confidence. By the time are in the 65-74 bracket, 67 per cent of women are confident in their investing decisions while 68 per cent of men are.

The survey found 78 per cent of women identified themselves as savers compared with 22 per cent who thought of themselves as investors.

It also found that 63 per cent of women stated they are "not knowledgeable about investments."

THE CANADIAN PRESS

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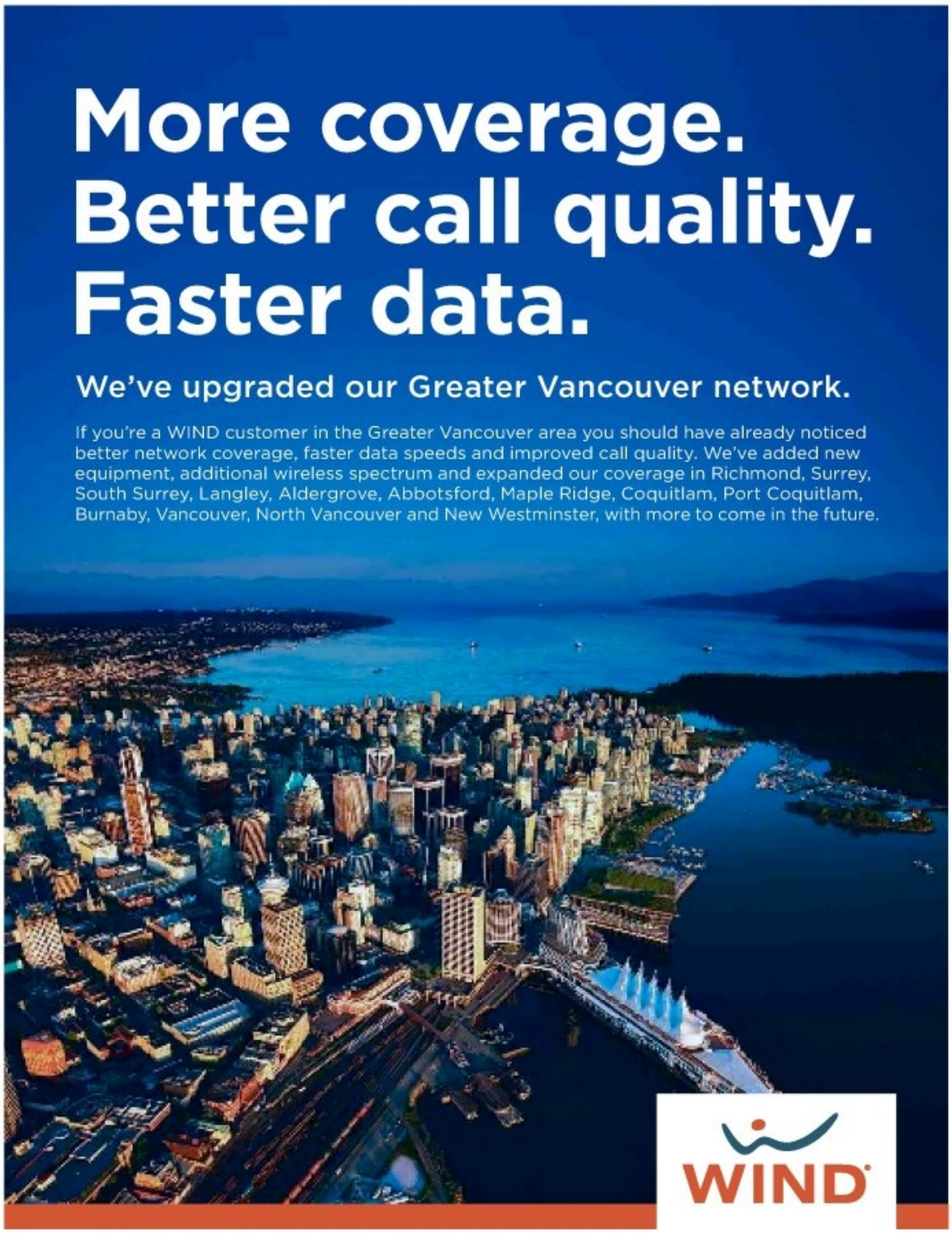
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WIND

metro VIEWS

Your essential daily news

Tuesday, March 8, 2016

BRAND NEW BEAT A new robotic drumming arm could one day add **a distinct three-handed sound** to your garage band.

EMMA TEITEL: ON WIDENING THE WOMEN'S MOVEMENT

A lot of people harbour feminist values; they just don't want to be associated with the word feminist or the culture around it. The reason may be patriarchy. But I suspect it is also orthodoxy from within.

It's easy to be cynical about International Women's Day, an event rooted in radical socialism (one of the first Women's Day events was organized in 1909 by the Socialist Party of America), that is — in its current form — about as politically radical as a Santa Claus Parade.

After all, the celebration's modern proponents include Coca-Cola, Exxon Mobil, and of course Dove cosmetics — always there to remind you that "you are beautiful," even when you haven't slept in two days and you have a zit on your chin the size of Gibraltar.

But if you can get past the insipid social-justice grandstanding by corporations and celebrities, International Women's Day is kind of like feminist Yom Kippur: a perfect occasion for reflection and repentance.

It is a day on which everyone has a certified excuse to ask herself: What's going well in the world for women and what still sucks? And most importantly: What can we do to make it better?

So let's expound on the good news first.

Whatever your feelings about eternally sunny Justin Trudeau and his wife's ill-timed a capella scatting, the federal government has done some very decent things for womankind of late.

For example, just yesterday International Development Minister Marie-Claude Bibeau announced that Canada will contribute $81.6 million under the United Nations Population Fund in support of women's health services in developing countries — including existing abortion services.

We are also committed, evidently, to gender parity in cabinet, a new norm instituted last year by the prime minister, who joined the ranks of modern heroes Daniel Radcliffe (Harry Potter) and Patrick Stewart (Captain Picard) when he publicly declared himself a feminist.

Despite the grumblings of jaded conservatives, this is no small thing. Just as it is hugely significant for black American kids to grow up with a black president in the White House, and gay Ontarians to grow up with a lesbian premier at Queen's Park, it is also hugely significant for Canadian girls — and boys for that matter — to grow up with a self-avowed feminist at 24 Sussex — or Rideau Cottage — or wherever Trudeau happens to be living at the moment. (Perhaps he is staying with his "other" mother, Kim Cattrall).

cent of Canadian women do not call themselves feminists; similarly a global poll conducted by Ipsos in 2014 indicated that only 17 per cent of Canadian women identified as feminist.

This finding is especially bizarre because the study showed significant support for equal rights between the sexes on questions where the issue of feminist identity wasn't present. Which means: A lot of people harbour feminist values; they just don't want to be associated with the word feminist itself, or the culture around it.

NO FEAR OF THE F-WORD Prince Harry, Prime Minister Justin Trudeau, actor Joseph Gordon-Levitt and comedian Aziz Ansari are among the modern men who heroically self-identify as feminists, Emma Teitel writes. GETTY IMAGES

But Trudeau's self-professed feminist designation is important most of all because the adverse realities for women — from crappy work-life balance in institutions built by and for men to an abysmal sexual assault report rate — will never turn around if engagement and identification with feminism remains dismally low.

Which brings me to the bad news: While feminism in Canada has an exceptionally loud voice — thanks in large part to social media — it has a depressingly narrow reach. A survey of 1,000 Canadian women aged 35-45 conducted by Chatelaine magazine late last year revealed that 68 per

The reason for this may be patriarchy at large, as many within the movement profess. But I suspect it is also orthodoxy from within: namely an obsession with ideological purity and a rush to shame newcomers who don't cleave to the party line — or who merely have questions about the party line.

To quote a friend who has strong feminist ideals but is afraid to engage with the issues in a bigger way online, namely because her thinking on gender wage gap differs from the status quo: "I would be shunned. I would probably be labelled anti-feminist. And some would probably attempt to cyberbully me into submission."

This is a person who asked to remain anonymous not because she fears ramifications from her employer, the police or some criminal entity, but from other *feminists*. That's a problem.

Is it a bigger problem than abortion access, childcare or sexual assault? Of course not. (And no, she doesn't realistically believe other feminists pose a threat to her physical safety).

But if we want to expand our ranks and thus the likelihood of our success, perhaps it's time we issued a moratorium on the knee-jerk condemnation of women whose ideas and language aren't ideologically pure — but whose hearts are in the right place. Perhaps then, our reach will be as wide as our voice is loud.

Happy International Women's Day.

Male Feminists à la Justin Trudeau:

Prince Harry: The royal is involved with a number of women's causes, including CHIME for Change, a charity concert seeking to empower girls and women.

Joseph Gordon-Levitt: The actor is a proud feminist. In his own words: "What feminism means to me is that you don't let your gender define who you are."

Mark Ruffalo: The Spotlight actor is a vocal advocate for women's reproductive rights.

Barack Obama: The president's 2014 State of the Union address was famously feminist. In his own words: "It's time to do away with workplace policies that belong in a Mad Men episode."

Aziz Ansari: The comedian came out as a feminist on the David Letterman show last year.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metro*view*

Recently in sexism: Barristers, buses and busts edition

Welcome to another "What's new in latent and not-so-latent sexism," your brief, necessarily incomplete (there's so much to choose from!), talking points for Twitter fights.

No really, you should care: It's International Women's Day!

1. "Woman gropes man's genitals over his clothing while he sleeps on public bus" read no headline, ever. But a woman in Halifax was sexually assaulted in just such a way late last month.

Positive spin: She's reported the assault to police and is talking to the media to make sure her assailant knows "who I am, and that I have a life, and that I'm not just some random person on a bus."

Actually, she's a single mother of two and a full-time student, hence the dozing off.

"We need to start treating women with more respect because we are not objects," she said.

2. Female criminal lawyers are leaving their field in droves, driven by factors ranging from child-care issues (and challenges returning to work post-maternity leave), financial struggles, and "differential treatment" by lawyers and crown attorneys, a.k.a., sexist treatment.

Some still get called "little lady," a detail that, when I heard it on the radio, convinced me I was listening to historical tape from the 1990s. Au contraire, silly me! In their study, the Criminal Lawyers Association found a 72 per cent attrition rate among female lawyers, and suggest, among other things, a few more women on the bench would help (nationally, 63 per cent of judges are men).

3. New Statistics Canada numbers crunched for the Globe and Mail found women make 73.5 cents for every dollar a man makes in Canada.

That's not really a headline, so much as a stubborn reality. Differences in salaries for typically female vs. typically male jobs are blamed, but women are also more likely to work low-wage jobs, experience poverty and make less than men in their fields (not only do male professors outnumber women two-to-one, but a 2014 McMaster study found they make about $2,300 more).

4. Finally: sexism in statues. Of the five most recent public-art statues erected in Toronto, only one is a woman. To be specific: solely her head. The late writer Gwendolyn MacEwen apparently didn't warrant the full-body treatment, unlike the man immortalized. Men are vastly overrepresented in city sculptures generally, and also far more likely to be clothed.

And that concludes this second instalment. Good luck to us all.

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Your essential daily news

Joseph Gordon-Levitt drops out of Sandman film saying he and studio don't see "eye to eye"

DONTAE RICHARDS-KWOK, 26
SPRINTER, 100 & 200 M
6 feet, 175 lbs.

7:30 a.m. (breakfast): A couple hard-boiled eggs, fruits and a smoothie — usually one or two fruits plus spinach, kale, and some seeds. **9:15 a.m.** Training for 2-3 hours. **12 p.m. (lunch)** omelette (diced peppers, tomatoes, ham, spinach, cheese) and/or salad, water or electrolyte drink. **2:15 p.m.** Back to gym. Lift session for about an hour and a half. **3:30 p.m.** Stretch, therapy, recovery session for an hour **5 p.m.** Protein shake. **7 p.m. (dinner)** If I'm eating carbs, usually pasta with a salad. If I'm not eating carbs, I'll have a larger salad with a grilled chicken breast or a steak. **10 p.m.** Stretch, self-calibration

STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Eating to win

HEALTH

Nutrition for athletes is more than just carb loading

As a time-strapped student athlete, volleyballer Kristina Valjas' go-to fuel was a bowl of Kraft Dinner or a bag of chips. Cheap, easy and tasty, but the junk diet eventually caught up with her.

"The turning point was the shin splints. It was extreme pain," said Valjas, now 28 and a beach volleyball player with Canada's national team. She'd developed bone density issues, partly due to a calcium deficiency.

What athletes eat can mean the difference between high level success and body breakdowns, but it takes time, effort and education to get it right, say dietitians and athletes. This can be tricky in a world where some seem able to eat whatever they want, but athletes say as they age, they know what works for them and what doesn't. "It's, like, immediate now for me," said Melissa Tancredi, a member of the Canadian women's national soccer team who lives in Vancouver. "I'll know right after I eat something (unhealthy) like, oh that wasn't good. Your body's like, no, I feel awful ... You feel sluggish, you feel tired."

Tancredi (pictured right), now 33, admits she paid little attention to what she ate as a young athlete, but now credits healthy eating with helping her to perform at her best in her 30s. She mainly sticks to organic meats, fruits and vegetables — though she's not averse to a rich curry. The main thing sports dietitian Melissa Kazan notices with her athletes at the Canadian Sport Institute of Ontario is that they don't snack or plan ahead enough. Kazan teaches her athletes to pack healthy snacks, such as granola bars, soy milk packs or chocolate milk, and she advocates for an "everything in moderation" approach to eating.

"We always think, athletes, all they eat are carbohydrates or high carbohydrate diets — it really has to be varied," she said.

Kazan said when an athlete's training load is high at the beginning of the season, they're likely eating more carbohydrates but as training sessions are tapered throughout the season, carbohydrate intake typically drops.

Protein and fat intake typically remains the same, she said.

As for how many calories athletes consume, it depends on the athlete and the sport, said Kazan. Male swimmers competing at the national level might consume 6,000 calories per day.

The day's schedule might also affect what an athlete eats, she said. Someone who can get away with eating greasy foods on a training day won't be able to do so on competition day, said Kazan, since fat is a heavy nutrient to digest. "You have to realize that saturated fats, sugars and the rest of those not-as-great nutrients ... still have the same effect on the body, whether you're a runner, whether you're an endurance athlete or not," said Andrea Falcone, a registered dietitian and fitness professional. "The best fuel is going to give you the best output." TORSTAR NEWS SERVICE

MELISSA TANCREDI, 33 CANADIAN WOMEN'S NATIONAL SOCCER TEAM 5-foot-7, 170 lbs.

8 a.m. (breakfast): 2 eggs, 2 pieces of gluten-free toast, cup of spinach sautéed in light olive oil, Raspberries + blueberries, espresso. **11 a.m.** 1 hour of striker training; finishing, footwork, sprints. **12 p.m.** Protein shake; coconut meat, coconut oil, coconut water, biosteel vegan protein. **1 p.m. (lunch)** Chicken and veggies, rice. **4 p.m.** Conditioning, usually HIT intervals or weight circuit. Snack right after training: almond, cashew, dried mango mix. **5 p.m.** Protein shake. **7:30 p.m. (dinner)** Salmon, grilled asparagus, baked Brussels sprouts, spring mix salad with chopped almonds, cut-up strawberries, fresh feta, balsamic vinegar + olive oil dressing. **9 p.m.** Decaf tea. Maybe a snack of plain Greek yogurt and almond butter. **To drink:** 3 L of water or more.

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TECHNOLOGY

Survey sparks talk about sexist emojis

Men can be police officers, detectives or construction workers. Women can be brides, princesses or bunny ear-wearing dancers.

At least, according to emojis.

This issue of gendered stereotypes perpetuated by emojis and the subtle limitations stereotypes placed on young girls is the focus of a video and survey from Always brand feminine hygiene products. The video — part of a campaign to promote confidence in young girls — shows girls sadly realizing many of their favourite female emojis only wear pink, few are playing sports and none are represented in professions.

The Always survey, conducted by MSLGROUP public relations firm, included responses from 1,000 American women aged 16 to 24 who were asked questions about their attitudes toward and use of emojis. The online questionnaire found that 75 per cent of respondents want to see female emojis portrayed more progressively and 67 per cent said the available emojis imply girls are limited in what they can do.

"If you scroll through the emoji options ... there is a lot of pink and hearts and lipstick, kisses, a pink purse — a lot of emojis that are very stereotypically girly," said Heather Payne, CEO of HackerYou, a Toronto-based programming boot camp. "Why isn't there a police officer with a female haircut?"

So why can't Apple just pop a ponytail on the side of a police helmet?

It's not that simple.

Emojis are regulated by Unicode Consortium, a non-profit organization committed to developing, maintaining and promoting software internationalization standards and data. The organization is responsible for ensuring the images appear similarly across different platforms, but each platform — such as WhatsApp, Gmail or Facebook — decides exactly how the emoji appears, explains Montreal-based linguist Gretchen McCulloch, who is writing a book about Internet language.

"What the body looks like is not up to Unicode, necessarily, but the people who make the graphic art," McCulloch said. "Unicode doesn't mandate the girls to be in pink. That was a decision on the part of Apple's graphic design team."

So while Apple's "dancer" emoji portrays a woman in a red dress, Google's depiction is a yellow blob with a rose in its mouth.

In general, it appears Google prefers using gender-neutral images when Unicode doesn't specify "male" or "female," while Apple chooses more gender-specific images, said McCulloch.

Apple declined to comment on details of emoji design or respond to criticism when contacted, but said the company adheres to the Unicode standard.

TORSTAR NEWS SERVICE

Heather Payne, CEO of programming bootcamp HackerYou calls the emoji stereotypes 'super subtle.' TORSTAR NEWS SERVICE

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A DEMO SHIFT
In the book Rebecca Traister points out that today, only 20 per cent of Americans are wed by age 29, compared to 60 per cent in 1960. The numbers are similar on our side of the border.

ISTOCK

From must-be married to modern single lady

HISTORY

New book traces path of the feminist movement

Look around your social circle and it's difficult to miss: There are more single people than ever before.

As noted feminist writer Rebecca Traister points out in her new book, All the Single Ladies: Unmarried Women and the Rise of an Independent Nation, today only 20 per cent of Americans are wed by age 29, compared to 60 per cent in 1960. The numbers are similar on our side of the border.

For our mothers, adulthood began with marriage. The median age for marriage fluctuated between 20 and 22, just as it had been since the late 19th century.

Traister offers up her own mother as an example of this. She was not only part of a huge migration of women into the workforce, but a professional pioneer who eventually got a PhD and became a Shakespeare professor — one of the first four women hired in her department. Nonetheless, she was married at age 21, just days after graduating with her first degree.

"Her domestic pattern was hyper-traditional coming out of this period in the '50s and '60s. Especially for middle-class white women, a kind of early married domesticity was enforced," Traister says.

Interestingly, a lot of the freedom among contemporary women to live singly now — and to be economically, socially and sexually independent — was built on the victories of second wave feminism, says Traister. "But in fact, a lot of second-wave feminists were traditionally married very young."

By contrast, women today live a new kind of adulthood that is kicked off not by marriage, but by years or whole lives lived outside matrimony, she writes. A key difference is that single life no longer carries the stigma it once did for women. (When was the last time you heard the word "spinster" in conversation?)

In fact, in 2009, the proportion of women who were married dropped below 50 per cent for the first time in history.

"It was a lot of unmarried or late-married women (who) were very active in the causes of abolition, suffrage and temperance."
Author Rebecca Traister

and the median age for first marriage is now around 27, much higher in many cities.

"Sociologists now talk about how marriage — across classes — has become a capstone event, rather than the thing that kicks off adulthood and then you grow together to become an economically stable unit to have your kids. Now people tend to get married as a sort of sign that everything else has fallen into place: you have met the perfect person, you are economically stable — and this is especially true when you get outside of wealthier populations — that you've had a kid together and proven you can parent together."

Once Traister dove into the book's research, she discovered that unmarried women have made important strides in advancing various causes — including their own — at a number of points in history.

"There had been active conversations amongst women and in the press about the merits and the tolls of traditionally married life for women extending back hundreds of years," says Traister.

"In the 19th century, especially for white women, marriage rates dropped. Tremendous numbers of men were moving west. And secondly, there were huge numbers of casualties from the Civil War, so fewer men to marry.

"That population of women — with their lives not subsumed completely by wifely and maternal responsibility — wound up devoting their energies to a lot of reform movements that ended up radically changing the nation.

"It was a lot of unmarried or late-married women (who) were very active in the causes of abolition, suffrage and temperance."

In 1877, suffragist Susan B. Anthony gave a speech called The Homes of Single Women. In it she predicted that before we get to an age of gender equality among men and women, says Traister, we would have to live through an epoch where women cease to marry so that both men and women can become used to the idea of living independently from each other.

Given that the median age of having a first child has now surpassed the median age of marriage, it would seem that we may be living in such a time now.

"It's not so much replacing one model married with another model, unmarried," says Traister.

"But once you take the confining box off of how adult women's lives are supposed to go, there is this incredible variety of impulse, of desire, of happenstance — because everybody meets people at different times and in different places and different circumstances.

"It can be any combination of single life, serial monogamy, celibacy, taking a variety of sexual partners, having children very late, having children on one's own, having children within a marriage that started late or within a cohabiting or unmarried partnership. What you get is an infinite variety of paths." TORSTAR NEWS SERVICE

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Pressing the back of your hand into the spot between your shoulder blades provides long-term benefits. TORSTAR NEWS SERVICE

Try the yoga move that's got your back

BACKSPIN

Deconstructed shoulder pose aids range of motion

YuMee Chung
Torstar News Service

Want to maintain strength and flexibility as you age? Experts say the secret is to "use it or lose it."

Let me show you a pose that takes your shoulders through the range of motion necessary to do up a back-closure bra (or scratch the middle-upper back if you don't own a bra). It's called the Backspin and it's a deconstructed version of a yoga classic called Cow Face Pose.

The Backspin

1. Internally rotate your right arm and bring the back of the hand to rest on the small of your back. Channel your inner speed skater.

2. Wiggle the hand up your back toward the spot between your shoulder blades.

3. Feel stuck? Help yourself along by leaning the right outer-upper arm against a wall to squash the inner arm against the side seam of your body. Use this opportunity to squirm the hand a little further up your back.

4. Press the back of the hand actively into your body as if you are going for a winning backhand with a ping pong paddle. Imagine you could pass the hand right into your body and out the other side.

5. Hold for five breaths before switching sides.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

BEST WORKOUTS

Sports that burn calories

The top five calorie-killers include cross-country skiing, step, skipping, running and boxing. Personal trainers recommend two to three 45-minute sessions a week in order to see results.

1 Cross-country skiing, 974 calories per hour, uphill Skiing works muscles in the lower body hard (quads, calves, glutes). Muscular activity increases with speed, which can explain that burning thigh feeling often associated with the sport. Skiing also strengthens abdominal muscles, as well as the back, shoulders and arms.

2 Step, 876 calories per hour A step aerobics class is a full-body workout, since arms are also included in the dance-style moves. During longer sessions (between 30 and 45 minutes), the body burns sugars then dips into fat reserves as a source of fuel. Step is great for slimming down waistlines and strengthening muscles.

Cross-country skiing burns 974 calories. ISTOCK

3 Skipping, 800 to 850 calories per hour Jumping rope is an excellent cardio exercise for improving physical fitness, bringing benefits to the whole cardiovascular system. Skipping can aid weight loss, and it's a great way to tone up arms and calves quickly.

4 Running, 600 to 800 calories per hour Running is one of the best sports out there for burning calories and losing weight. An all-round workout, running boosts cardiovascular fitness and strengthens back and abdominal muscles, as well as the lower limbs, working both the legs and the buttocks.

5 Boxing, 600 to 800 calories per hour Boxing is a punch-packed sport that hits hard in the body's energy reserves. This activity is available at loads of gyms and sports clubs for a workout combining speed and technique. Boxing works the arms, abdominal muscles and legs. AFP

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Father's pride valued more than her life

THE SHOW: A Girl in the River: The Price of Forgiveness (HBO)
THE MOMENT: Saba's eye

In this documentary short, which just won the Academy Award, we meet Pakistan native Saba, 19, who survived a so-called honour killing: She married a man her father and uncle didn't approve of, so they shot her in the head and dumped her in a river.

As we watch, the police arrest the shooters, and a lawyer urges Saba to prosecute. But her family and village elders pressure her to forgive them. If she does, under Pakistani law, they'll go free. You know who wins.

"Everyone says I am more respected now," Saba's father tells filmmaker Sharmeen Obaid-Chinoy (a Pakistani-Canadian whose 2012 doc short, Saving Face, also won an Oscar), without a trace of regret. "They say I am an honourable man. They say what I did was right."

And there you have, in under 40 minutes, an answer to how intractable problems remain intractable. That "they" whom Saba's father quotes — it's chilling to think about who they are, why they have power, and how they keep it.

"I can proudly say that for generations to come," Saba's father sums up, "none of my descendants will think of doing what Saba did."

Haunting as that is, what I can't forget is Saba's eye. When we meet her, her wound from the shooting is fresh, and her left eye is red with burst vessels. When we leave her — bereft of her dream of justice, her fight already over and done with — so little time has passed that her eye is still red.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Saba, 19, survived an honour killing. PHOTO COURTESY HBO

Williams returns to Broadway with Blackbird

THEATRE

Play challenges audiences with portrait of young victim

"She can't see the play, be anywhere near the play, hear the play, listen to the play."
Michelle Williams, on banning her daughter from watching her performance in Blackbird, where her character confronts her childhood sexual abuser

Before you can get to Michelle Williams' dressing room at the Belasco Theatre on Broadway, you pass one with a sofa upholstered in bright colours, a flat-screen TV and a disco ball attached to the ceiling.

It's reserved for her 10-year-old daughter, Matilda, who can now come to work with mom and hang out, knitting or watching movies. There's one rule: She must not know what mom is doing down on the stage.

Williams is starring opposite Jeff Daniels in Blackbird, a disturbing tale of an older man, a much younger woman and what happens when they meet 15 years after their brief and illegal relationship has ended.

"She can't see the play, be anywhere near the play, hear the play, listen to the play," Williams said. "This is so she can come and hang out with mom, but with a lock on the door."

Downstairs, Williams plays a vengeful victim, hurling accusations at her former lover with devastating accuracy, and yet harbouring a few problems of her own.

The actress said the topic is, unfortunately, always timely. "You can't not know somebody who's been abused. It's far more common than it should be," she said. "So I find it very specific and very general."

Williams, who on this day apologizes for needing to wolf down rice pudding in her dressing room before her show, seems to have found a way to balance work with single motherhood. She is raising her daughter with the late Heath Ledger in an apartment in a charming, cobble-stoned neighbourhood of Brooklyn, above a grocery store.

To accommodate Williams' schedule, producers have agreed to have no shows on Sunday — traditionally a key box-office draw — so "we can have a real life." The two recently attended a concert by the girl's favourite singer, Stevie Wonder, and she shows a photo on her phone of Matilda wearing an ecstatic expression.

David Harrower's Blackbird marks the first big job Williams has tackled since she spent the better part of a year singing and dancing in the latest revival of Cabaret as the complex nightclub singer Sally Bowles.

"That took the stuffing out of me," she said. "I put myself out to pasture for a while after Cabaret. I ate a lot, literally, and ran lazily around fields because I was so tired. And then this came up and I just couldn't say no."

Although she had done some theatre, she decided to make her Broadway debut in Cabaret in 2014, wearing lingerie and belting out Don't Tell Mama and Maybe This Time for 10 months.

"I felt like I was pushed up against the edge of my ability every night. But, as a result, I feel like I could feel my ability just inch up," she said. "So that's been exciting to go back to work with some new ideas and abilities."

When she was offered Blackbird, she was impressed by its beauty and consulted with her friend and Cabaret co-star Linda Emond, who called it one of the most exciting pieces of theatre she'd seen.

So, after doing two small parts in two independent films — Kenneth Lonergan's Manchester by the Sea with Casey Affleck and Kyle Chandler, and Kelly Reichardt's Certain Women with Kristen Stewart and Laura Dern — Williams went back to the stage. THE ASSOCIATED PRESS

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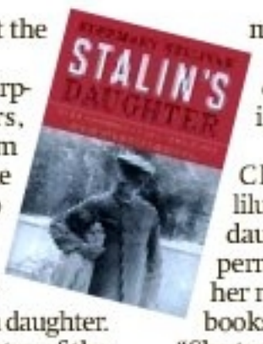
BOOKS

Stalin's Daughter wins third award

Joseph Stalin's daughter lived a tragic and complex life in the shadow of her Soviet dictator father. But these days Svetlana Alliluyeva is getting a spotlight of her own, thanks to Toronto biographer Rosemary Sullivan's hit book on her, which has now won three major literary prizes.

Stalin's Daughter: The Extraordinary and Tumultuous Life of Svetlana Alliluyeva won the $25,000 RBC Taylor Prize on Monday. It previously won the $40,000 British Columbia National Award for Canadian Non-Fiction and the $60,000 Hilary Weston Writers' Trust Prize for Nonfiction.

"I cannot believe that I've actually hit a triple home run," Sullivan said in an interview after her latest win. "I suppose maybe it's a testament to Svetlana, who led such a courageous life, and to people's passionate interest in all things Russian at the moment."



The book, from HarperCollins Publishers, traces Alliluyeva from her childhood inside the walls of the Kremlin to her quest for asylum in Switzerland and her defection to the U.S., where she raised a daughter.

"She was at the centre of the hierarchy of power, the daughter of the dictator, but in no way invited into the inner circle," said Sullivan. "Her mother committed suicide when Svetlana was six and a half, her favourite aunt and uncle were arrested in '37 and executed in '41, her brother died in a German POW camp, two of her aunts were sent to solitary confinement in 1947."

In her acceptance speech, Sullivan thanked Alliluyeva — who died in 2011 at age 85 — for reminding us "never to accept the projections of clichés that people impose on us."

She also thanked Chrese Evans, Alliluyeva's American-born daughter who gave her permission to quote from her mother's unpublished books and letters.

"She treasured that child and I think Chrese kept her in the world," said Sullivan. "There would have been reasons for her to have taken a ticket out if it hadn't been for her daughter."

This year's Taylor Prize jury members — Joseph Kertes, Susanne Boyce, and Stephen J. Toope — read 121 books before choosing a short list of five. They praised Sullivan's book for its "exacting research with brilliant storytelling." THE CANADIAN PRESS

metro SPORTS

Calgary wrestling legend Bret (The Hitman) Hart says he is 99 per cent sure he has beaten prostate cancer

NHL HITTING UP L.A. Canucks left-winger Alex Burrows collides with Kings goaltender Jonathan Quick in Los Angeles on Monday night. The Canucks were looking to go 2-for-2 on a short road trip to California, having beaten the Sharks 4-2 on Saturday. For the story, go to metronews.ca. ALEX GALLARDO/THE ASSOCIATED PRESS

McCallum retires as member of Lions

CFL

Kicker believes it's time to move on after 23-year career

Cam Tucker
Metro | Vancouver

Paul McCallum made 718 field goals throughout his 23-year Canadian Football League career but on the day of his official retirement as a member of the B.C. Lions, two attempts — one missed and one made — stand out the most.

The miss was on what was supposed to be a chip shot from 18 yards for the Saskatchewan Roughriders in overtime of the 2004 West Final against the Lions at BC Place Stadium.

The Roughriders lost that game while the Lions advanced to the Grey Cup.

Two years later, McCallum joined the Lions. He won two Grey Cups and would play in B.C. until last June when the organization opted to go with two younger American kickers in Richie Leone and Anthony Fera.

Paul McCallum arguably had his best season in 2011, the last time the Lions won the Grey Cup. GETTY IMAGES FILE

Despite the sheer disappointment of that November day in 2004, McCallum believes that infamous miss made him better as his career continued. The end to his playing career officially came Monday. McCallum signed a one-day contract with B.C. in order to retire as a Lion.

"I didn't want that kick to define me," said McCallum. "I was bound and determined that one miss wasn't going to be remembered for my whole career."

The successful field goal that stands out for McCallum occurred against the Calgary Stampeders on Oct. 8, 2011, at BC Place. It wasn't the 46-yarder to set the CFL record for most consecutive field goals made at 29.

It was the 53-yard field goal to give the Lions a victory with no time remaining and first place in the West en route to a Grey Cup that year.

Initially, Lions coach Wally Buono wasn't even going to try it.

But McCallum, who missed from shorter distance minutes before, convinced Buono to change his mind.

"His confidence gave me the confidence to let him try," said Buono.

McCallum, by then into his 40s, made 50 of 53 attempts (94.3 per cent) that 2011 season.

But the decision to retire wasn't a difficult one. He now has summers free to be with his family. He can invest more of his time into his job as a real estate agent.

He said: "(I'm) 46 years old and it's time to move on."

TENNIS

Sharapova reveals she failed drug test

Tennis star Maria Sharapova says she failed a drug test at the Australian Open.

The five-time major champion took full responsibility for her mistake when she made the announcement at a news conference Monday in Los Angeles. The former world No. 1 could face a lengthy ban from the International Tennis Federation.

"I know that with this, I face consequences," Sharapova said. "I don't want to end my career this way, and I really hope I will be given another chance to play this game."

The 28-year-old Sharapova said she tested positive for meldonium, which she said she has been taking for 10 years for numerous health issues. Meldonium, thought to be widely used by Russian athletes, became a banned substance this year under the WADA code. Sharapova claimed she didn't notice its addition to the banned list.

"I take great responsibility and professionalism in my job, and I made a huge mistake," Sharapova said. "I let my fans down. I let the sport down that I've been playing since the age of four, that I love so deeply."

Meldonium, also known as mildronate, is a Latvian-manufactured drug popular for fighting heart disease in former Soviet Union countries. Meldonium treats ischemia, or lack of blood flow, but can be taken in large doses as a performance-enhancer that increases exercise capacity.

THE ASSOCIATED PRESS

Maria Sharapova is a five-time major winner. PETER PARKS/AFP/GETTY IMAGES

IN BRIEF

Grizzlies upset Cavs
Tony Allen scored a season-high 26 points and the Memphis Grizzlies, despite playing without four injured starters, stunned the Cleveland Cavaliers 106-103 on Monday night.

Vince Carter made four free throws in the final 13.4 seconds to seal the upset for a Memphis team that had more coaches than players sitting on the bench. THE ASSOCIATED PRESS

Dickey, Saunders lead Blue Jays past Braves
R.A. Dickey tossed three scoreless innings, Michael Saunders hit his third homer in as many games and the Toronto Blue Jays defeated the Atlanta Braves 3-1 on Monday.

Dickey allowed one hit and one walk, throwing 31 pitches.

Saunders, who homered twice during Saturday's victory over Philadelphia, connected for a long solo shot to right field in the third. THE ASSOCIATED PRESS

Talbot, Scheifele, Burns named three stars of week
Edmonton Oilers goaltender Cam Talbot, Winnipeg Jets centre Mark Scheifele and San Jose Sharks defenceman Brent Burns have been named the NHL's three stars of the week.

Talbot went 3-0-0 with a 0.65 goals-against average, .981 save percentage and one shutout to backstop the Oilers to three wins in four games.

Scheifele led the NHL with six goals in four games, while Burns led all blue-liners with six points in three games.

THE CANADIAN PRESS

Seahawks come to terms with defensive tackle Rubin
The Seattle Seahawks have addressed one of their biggest questions before the start of free agency by agreeing to terms on a new deal with defensive tackle Ahtyba Rubin.

Fox Sports reported it was a three-year deal.

THE ASSOCIATED PRESS

Just shy of 40, Peyton Manning will forgo $19 million and a 19th season in the NFL. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Manning calls end to 18-year career

NFL

Five-time MVP retires with two Super Bowl titles in tow

His voice cracking with emotion, Peyton Manning said goodbye to the game he loved at a news conference packed with friends, family and laughter.

He threw in some Scripture, some fond memories and even a dig at Super Bowl 50 MVP Von Miller, whom he thanked for taking a break "from your celebrity tour to be here today."

He ended it with his signature "Omaha!" and then posed for pictures with more than a dozen of his former teammates with the Indianapolis Colts and Denver Broncos, each of whom he helped win a Super Bowl.

Manning, who turns 40 this month, said the timing was simply right to call an end to his 18-year NFL career.

"I thought about it a lot, prayed about it a lot ... it was just the right time," Manning said. "I don't throw as good as I used to, don't run as good as I used to, but I have always have had good timing."

He came to Denver on March 20, 2012, for the chance to win another title in the twilight of his career and GM John Elway had the blueprints.

Four years later, he hobbles away a champion just like his boss did 17 years ago.

Elway thanked Manning for coming to Colorado for the second chapter of his brilliant career, saying he made his own job easier, noting that with Manning living here, free agents were basically asking Elway "where do I sign?"

Manning went 50-15 in Denver, leading the Broncos to four AFC West titles, two Super Bowl trips, one championship and in 2013 guided the highest-scoring offence in league history — all after retraining himself to throw after a series of neck fusion surgeries forced him to miss all of the 2011 season and led the Colts to cut him.

THE ASSOCIATED PRESS

> **If there is a list of achievements needed to attain greatness you've checked every box.**
> Broncos president Joe Ellis

COURT

Andrews awarded $55M in lawsuit

A jury awarded Erin Andrews $55 million on Monday in her lawsuit against a stalker who bought a hotel room next to her and secretly recorded a nude video, finding that the hotel companies and the stalker shared in the blame.

After a full day of deliberations, the panel said the stalker was responsible for 51 per cent of the blame and the two hotel companies would share the rest, which comes out to nearly $27 million.

Andrews, a Fox Sports reporter and co-host of the TV show Dancing with the Stars, wept as jurors announced the verdict.

Jurors heard directly from Andrews, who testified that she was humiliated, shamed and suffers from depression as a result of the video, which has been viewed by millions of people online. THE ASSOCIATED PRESS

HARD TIME

Michael David Barrett was sentenced to serve 2-1/2 years in prison after admitting to stalking Andrews in three cities.

NFL

Seahawk Lockette tells of scary injury

Seahawks wide receiver Ricardo Lockette told a group of paramedics and firefighters recently the neck injury he suffered last November against Dallas was so serious that he could have died if not for proper treatment from athletic trainers and medics on the field.

Lockette spoke to a group of first responders in Redmond, Washington, last week, and video of his speech at Redmond Fire Station 11 was posted on Facebook. In the video, Lockette — still wearing a neck brace — detailed how the hit from Dallas' Jeff Heath on a punt return left Lockette with severe neck damage.

Ricardo Lockette GETTY IMAGES

Lockette said he was told by doctors that the ligaments and cartilage that help connect his vertebrae were so badly injured that if he had stood up, been pulled by a teammate or handled incorrectly by trainers he could have died.

"He said if I would have stood up then, the weight of my head — left, right, front, back — I would have died," Lockette said. THE ASSOCIATED PRESS

IN BRIEF

Redskins release pivot Griffin III after four years

The Redskins have released Robert Griffin III, four years after trading a bevy of draft picks to take the Heisman Trophy-winning quarterback with the No. 2 overall choice.

The NFC East champions announced the move Monday. They had made clear it was coming. Griffin becomes a free agent and can sign anywhere. NFL free agency begins Wednesday. THE ASSOCIATED PRESS

Source: Titans have agreed to sign running back Murray

A person familiar with the deal says the Tennessee Titans agreed to acquire DeMarco Murray in a trade with Philadelphia, trying to land the running back threat they've lacked since releasing Chris Johnson.

Murray also agreed to rework the five-year, $40-million contract with $21 million guaranteed he signed with Philadelphia last year, the source said. THE ASSOCIATED PRESS

RUGBY WORLD SEVENS SERIES

Canada hoping to deliver on home soil

After a frustrating 14th-place finish in Las Vegas, the Canadian rugby sevens team looks to impress on home soil this weekend as the HSBC World Sevens Series makes its debut in Canada.

Liam Middleton's squad, currently 12th in the standings, has shown glimpses of brilliance this season but has yet to put it together in one tournament. Las Vegas was a microcosm of the season, an emotional roller-coaster with more downs than ups.

After losing 33-7 to powerful South Africa, the Canadian men showed their mettle in rallying from a 26-7 deficit to tie the U.S. 26-26. That left the Canadians needing a win over Wales, a lower-ranked team it had beaten 32-21 in Sydney, to move into the elite Cup quarter-finals. Down 17-0 at the half, Canada tried to mount another comeback but fell short and lost 17-10.

"We were mentally a little beaten up after that," said Middleton. Consigned to consolation play, Canada lost 19-10 to Russia, a team it had thumped by a combined total of 90-12 in its two previous meetings this season, before rallying to defeat England 24-7 in the Shield semi-final. The tournament ended in a 24-12 loss to Samoa, a team it could well face in the Olympic repechage qualifying tournament in June.

"Good pieces and then just some poor pieces," Middleton said of the Shield final performance against Samoa.

"We have to get better at mastering those one or two moments that push you from Cup semi to Shield semi," he added.

There were good points. Conor Trainor made some lung-busting runs. Phil Mack showed his guile, and captain John Moonlight hit hard.

The margin of success is razor-thin on the World Series circuit. Canada went 1-4-1 and finished 14th. The Americans, who stand fifth in the overall standings, were 2-3-1 and finished fourth. HE CANADIAN PRESS

> **We were mentally a little beaten up after that.**
> Canada coach Liam Middleton after the team's loss to Wales in Las Vegas

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RECIPE Lemon Thyme Chicken Burger

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These fresh and juicy burgers are fantastic with classic lettuce and tomato toppings but they're over the top with a good schmear of goat cheese.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 6

Ingredients
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest (the zest of about 1 lemon)
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup breadcrumbs
- 2 tsp dijon mustard
- Salt and pepper
- 1 Tbsp vegetable oil
- 6 whole wheat rolls
- Toppings: Lettuce, tomato, goat cheese

Directions
1. In a large bowl, mix together the meat, thyme, zest, juice, egg, onions, breadcrumbs, mustard and salt and pepper.
2. Using your hands, form the mixture into six 3/4- to 1-inch thick patties. Hold a patty over a bun just to check that you've made them about the same size.
3. Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking on the stove. Cook patties over medium/high heat for about 5 minutes on each side. The internal temperature should be 165 to 170 degrees.
4. Time to add the extra bits of deliciousness. Top with tomato, lettuce and goat cheese.

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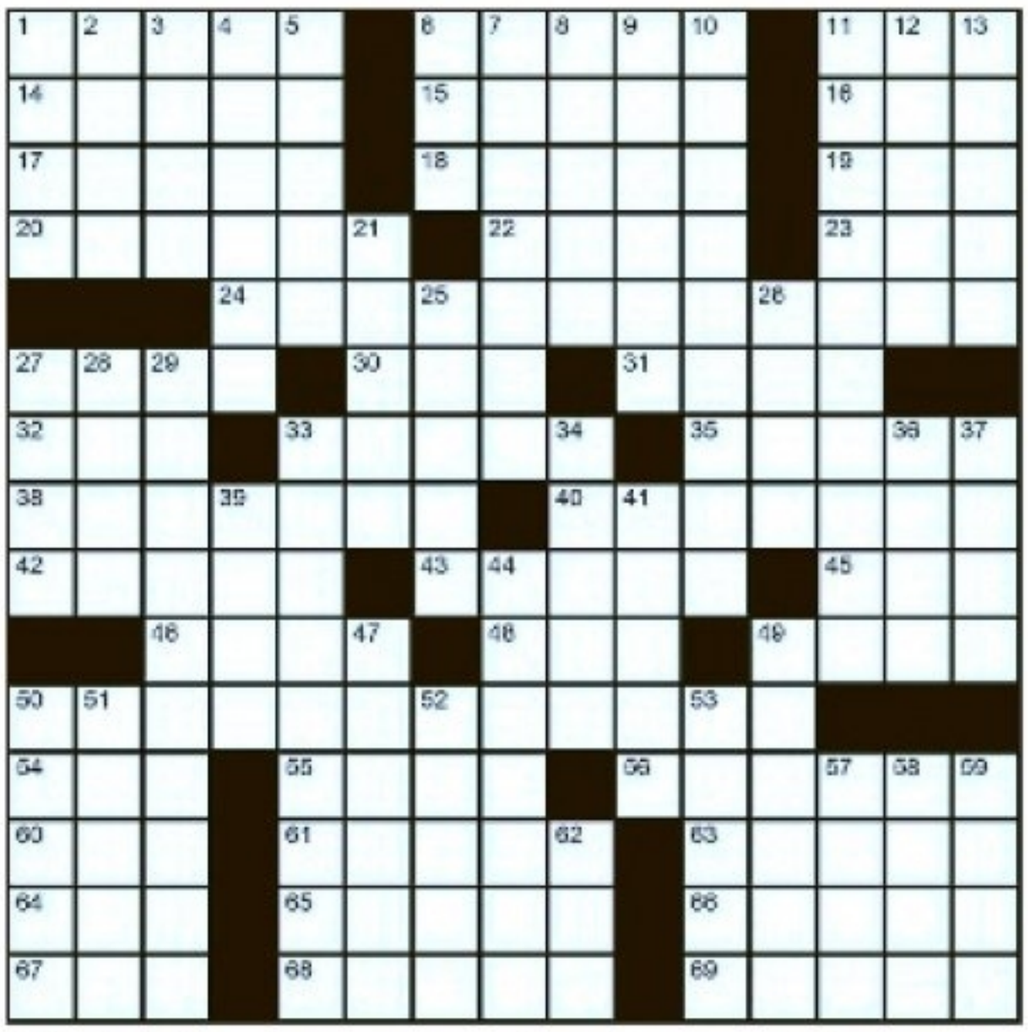
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Airborne attacks
6. Mikhail Gorbachev's late wife
11. French possessive
14. Extreme
15. Violin, e.g.
16. Religious song: "Lead __, _ King Eternal"
17. Jan __ (17th-century Dutch painter)
18. Specific-purpose committee 2 wds.
19. Expend
20. 'T' of BLT
22. "I'll Always Be There" singer Mr. Voisine
23. __-chah-nulth (People of the Pacific Coast of Vancouver Island)
24. Yellowknife-born actress who has famously portrayed Lois Lane in 'Superman' movies: 2 wds.
27. The basics
30. And, in Athens
31. Avery adhesive, Glue __
32. __-Jongg
33. Those sharing PEI writer L.M. Montgomery's 'M.' initial
35. Belonging to the mountain nymph of ancient Greek mythology known for her voice
38. Breaking free
40. Surpasses
42. Gladiator's 2,650
43. Discharge
45. '_' __ in Calgary
46. Diving birds
48. Numero __
49. The __ the limit (Anything is possible)
50. Eggplant dip: 2 wds.
54. Evian water
55. Honour
56. Mark
60. Electrical discharge
61. Canadian shoe stores
63. Ceremonial headdress
64. __ much (Few)
65. County in Ireland
66. Open, as a jacket
67. __-Caps (Candy)
68. Loretta's portrayer on film
69. Alberta town, __ River

DOWN
1. Corrode
2. Sax sort
3. Newspaper piece
4. Aspirations
5. __ Barbara, California
6. "Clothes Off" by Canadian singer/songwriter __ Mae
7. Human's replacement in outer space
8. Eric Clapton's "_ __ the Sheriff"
9. __ and bonds
10. Frank Gehry's gig
11. Band's pre-concert test
12. Arise
13. Sister: French
21. Mork's language on his planet
25. Give a guess
26. Monopoly roll-ees
27. __/__ radio
28. Ointment
29. __ Bay (Nova Scotia body of water)
33. Holder of the drink that goes with cookies: 2 wds.
34. __ __ evil, hear...
36. Showbiz personality Aubrey
37. Angry cat's noise
39. South American country [abbr.]
41. Deletes by making a crisscross marking: 2 wds.
44. Labrador Retrievers, for example: 2 wds.
47. "Would you like me to?": 2 wds.
49. __ Auditorium (Los Angeles venue which has hosted many award shows)
50. Lima and Kidney
51. Screenplay writer Mr. Sorkin
52. Luxury cars
53. Took notice: 2 wds.
57. Strip by the Mediterranean Sea
58. "Modern Family" star Mr. Stonestreet
59. Gift wrapper's need
62. Tofu base

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A friend needs some reassurance and you are the one to provide it. A cheery word or two could be all it takes to pull them out of their mental and emotional nosedive and get them on the road to happiness again.

Taurus April 21 - May 21
You may not agree with what a loved one is planning but don't be critical. If you're negative it will only encourage them further, so you might as well stand back and let it happen.

Gemini May 22 - June 21
You have done some remarkable things of late but there could be a price to pay if you push yourself too hard. Be less relentless in your pursuit of fame and fortune.

Cancer June 22 - July 23
Is it possible to have too much of a good thing? Yes, so be careful over the next few days. Fun times are on the way — but if you go too far you may regret it health-wise.

Leo July 24 - Aug. 23
You may not be able to summon up a great deal of enthusiasm for what you have to do today but that's okay. You really don't have to make too much of an effort. Get others to make it for you.

Virgo Aug. 24 - Sept. 23
Let others make decisions for you today. If they make the right ones it will save you a lot of time and effort. If they're wrong then at least you'll have someone to blame.

Libra Sept. 24 - Oct. 23
Try to steer clear of issues you don't understand. If you make a small change in one area it could lead to a big change in another and it may not be the kind of change you enjoy.

Scorpio Oct. 24 - Nov. 22
Don't go to pieces if someone is critical of your performance today. Most likely they are just trying to help by pointing out where they think you have been going wrong. There is no need to get upset about it.

Sagittarius Nov. 23 - Dec. 21
You clearly have a lot on your mind and the last thing you need is to be bombarded with ideas and plans you know nothing about and care even less for. Keep yourself to yourself.

Capricorn Dec. 22 - Jan. 20
You have important things to take care of. Yes, they are boring and, yes, there are a dozen other things you would rather be doing, but you have responsibilities to live up to.

Aquarius Jan. 21 - Feb. 19
This is not a good day to take chances with money, so keep your cash in your pocket. Tomorrow's solar eclipse will transform your financial fortunes but for the next 24 hours you must not spend a penny.

Pisces Feb. 20 - March 20
It's OK to win but where you finish in the race is less important than the fun you had taking part. Let go of your competitive instincts today because they may be holding you back.

CONCEPTIS SUDOKU by Dave Green

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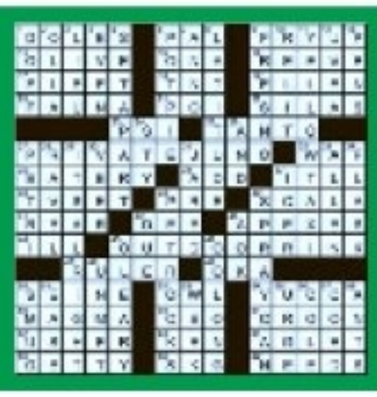

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